



St. Martha's Journal



Embrace the possibilities

15875 Joy Road • Detroit, Michigan 48228 • www.pvm.org

September 2015

September is Healthy Aging Month!

Featured Articles

Village News pg. 2

The Senior Advocate pg. 3

Service Coordinator News pg. 5

It's Your Life Live it Well pg. 7

Word Search pg. 9

Calendar pg. 10



The Village of
St. Martha's

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan
and Canterbury-on-the-Lake

Look for PVM on:



Dear Residents, Friends & Family,

I saw this article and wanted to share some of it with you.

Think it's too late to "reinvent" yourself? Think again. It's never too late to find a new passion, or hobby.

September is Healthy Aging[®] Month, an annual health observance designed to focus national attention on the positive aspects of growing older, began over 20 years ago. According to Carolyn Worthington, publisher of Healthy Aging[®] Magazine, September is Healthy Aging[®] Month provides inspiration and practical ideas for adults, ages 50-plus, to improve their physical, mental, social, and financial well being."

"Use September as the motivation to take stock of where you've been, what you really would like to do," Worthington said. "Make your list based on your gut feelings and thoughts, no-holds-barred. "And try it! Do something different from anything you've done before.

To get you started on reinventing yourself, here are some ideas from the editors of Healthy Aging[®] Magazine (www.healthyaging.net). Maybe they will help you think "outside the cage" or outside the box:

- **Do not act your age** or at least what you think your current age should act like. What was your best year so far? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself.
- **Be positive in your conversations** and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive.

Continued on page 3

Village News

St. Martha's Baby Shower

A special thank you for all that helped make The Village of St. Martha's baby shower campaign a success. 😊 The election taken was won by The Children's Center's, located in Downtown Detroit on Woodward Ave.

The Children's Center offers meaningful solutions that address mental and behavioral health, physical health, abuse and neglect, and development disabilities challenges currently faced by tens of thousands of children (birth to 22) in the Greater Detroit area-*so they can heal, grow and thrive*. The baby clothes and supplies donated will go to expectant mothers, newborns and infants receiving services and also transitioning through the foster system.

Sincerely,
Kina Jones, Administrative Assistant



Please see page 5 for more photos and a list of donors.

Announcements

September Events!

9/7 Labor Day
Office Closed



9/11 Detroit Riverwalk
@ 9am

9/15 Eat Smart. Live Strong
Workshop
10am – 12pm

9/16 Hibachi Grill/Kmart
@ 11:30am

9/22 MI State Police Safety
Presentation @ 1pm



9/23 Ice Cream Social w/
Warren Evans, Wayne
County Executive
@ 1:30 pm



9/24 St. Martha's
Anniversary





The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

Aging Well and Living Well

"Knowledge is power", especially when it comes to aging well and living well. So I am pleased to report that, as an outcome of Governor Snyder's Special Message on Aging, the State of Michigan has just launched a new website: "Living Well & Aging Well". The goal is to easily connect residents with local aging programs and services as well as with aging services organizations and communities.

The website can be viewed at www.michigan.gov/aging. PVM will link to this site and use this opportunity to enhance our message.

To view our website go to www.pvm.org. You can also "Like" us on Facebook at Presbyterian Villages of Michigan. Help us spread the word about all the great things we are doing.

ANNOUNCEMENTS

Check out The Village of St. Martha's Facebook page! Like us!

Joy Community Association (JCA)

The Joy Community Association meets second Thursday of each month @ 6pm in the community room.

Detroit Area Agency on Aging (DAAA)

Transportation is available to medical appointments. Cost is \$2.50 each way. Call 313.446.4444, ext. 5370.

Forgotten Harvest

Free food boxes are given every 2nd Wednesday at Gardenview Estates on Joy Rd. & Southfield at the community center. You must be registered first. To register, you must be present & show your ID.



IT'S MORE FUN AT GIGGAG.COM

Healthy Aging Month Article continued...

- **Ditch the downer friends.** Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too.
- **Walk like a vibrant, healthy person.** Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)
- **Stand up straight!** You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)
- **How's your smile?** Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being.
- **Lonely?** Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, take a class, invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out.)
- **Start walking** not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter.
- **Get a physical.** Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.
- **Find your inner artist.** Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood?

Andrea Felice
Administrator

Service Coordinator



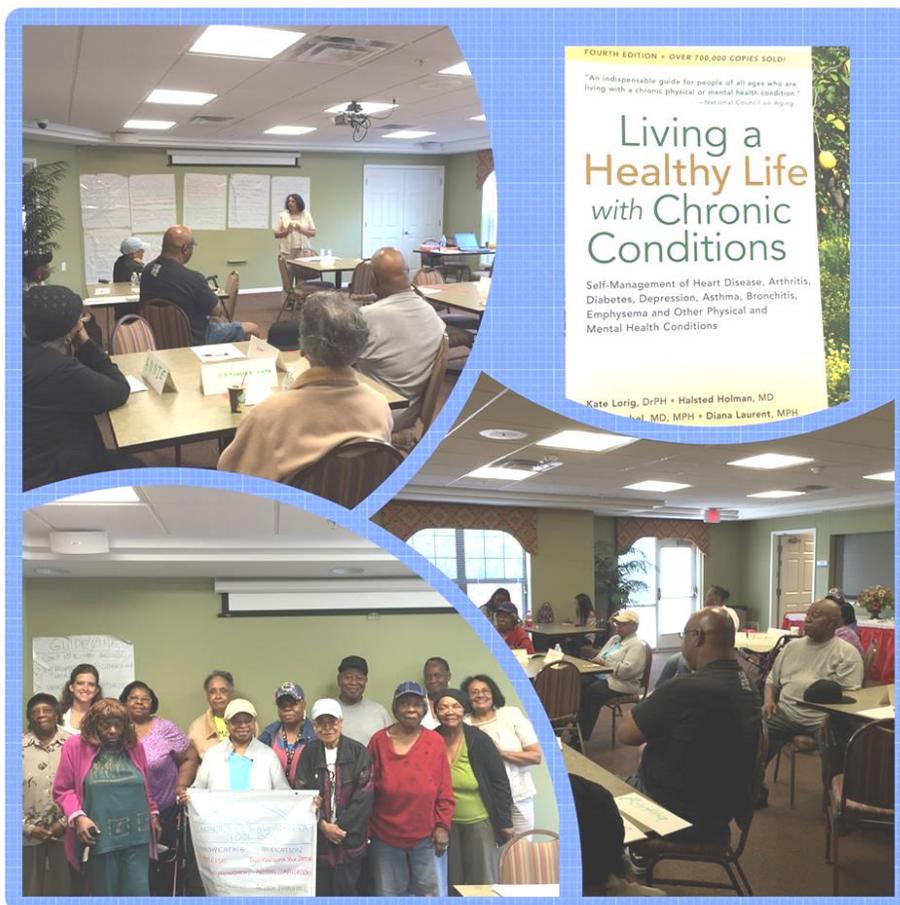
From the Desk of Kimberly Brittman....

Michigan Partners on the PATH Workshop; Facilitated by Detroit Area Agency on Aging

Diabetes PATH is a six-week workshop conducted in 2 1/2 hour sessions in community settings. It focuses on the specific needs of those living with diabetes. Workshop participants will learn techniques to deal with the symptoms of diabetes, fatigue, pain, stress and emotional challenges such as depression, anger, frustration and fear. Participants will also learn strategies for healthy eating, appropriate exercises to maintain and improve strength and endurance and ways to work more effectively with their doctor.

Thirteen residents from St. Martha completed the six weeks workshop and were given a certificate of completion, a text-book on managing chronic illnesses, and a \$20 Kroger gift card.

Iola Bailey
Everlena Glenn
Linda Kersey
Annie LeGrand
Bertha Lewis
Bernadine Luke
Bobby Oubre'
Nancy Roberts
Gerald Scott
Hyren Trawick
Etta Trawick
Barbara Williams
Lawrence Willingham



COMMUNITY NEWS (continued)



A special thank you to the following donors for their support and contributions. Our apologies if we missed anyone.

- | | | |
|--------------------|-----------------------------|----------------------|
| Iola Bailey | Charles Jones | Yolanda Odom |
| Kimberly Brittan | Deborah Jones | Bobby Oubre |
| Joyce Carbin | Linda Kersey | Nancy Roberts |
| Cheryl Carney | Annie LeGrand | Chlorine Sharp |
| Constance Charles | Bertha Lewis | Carrie Stephens |
| Margaret Cheeks | Bernadine Luke | Hyren & Etta Trawick |
| Joan Cunningham | Betty Martin | Avni Thomas |
| Andrea Felice | Betty McIwain & Family | James Turnbore |
| Evelyn Foster | Emma Miller | Algirtha Wallace |
| Billy Glaspie | Tanya Moore | Barbara Williams |
| Everlena Glenn | Roger & Tammy Myers | Carolyn Williams |
| Phillip Hornbuckle | Melanie Nestor/ Lucas Jones | |



ACTIVITIES

Exercise Program

I am working with Tom Wyllie, Director of Wellness to get an instructor here asap. Please be patient.

Movie Day

Thursdays – 11:00 am & 2:00 pm

Mini-Theatre

Join residents and watch a variety of movies. Popcorn provided. See the events board for the name of the movie each week. Suggestions welcome.

Card Game

**Wednesdays – 4:00 pm
Community Room**

Looking for additional residents to play cards to get multiple tables going.

Bible Study

**Wednesdays
11am – 12:30 pm
Community Room**

Join Rev. Patricia Butler from St. Luke Church for a different lesson every month.



It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

Healthy Aging

September is National Healthy Aging Month. In the search word there are 20 things you can do to stay healthy as you age. See if you can find all 20!

M T K L S Q E O Y U G S G S N L F S F P H L Y C K
 A A T C I T A N K Z T L P H B I K R H S M F T A Y
 T H I X E W R J T A B U C L W T Q Y W H S N K J R
 N C N N O H Y E Y S K F L L Q T S E S J R N I Y D
 E W O U T H C H N C O E A S R I X O P N D I L T Z
 L Z H M X A Y Y E G W V K U C E S J U M G A T E V
 Y N I N E D I H T P T X N I O D T C K D S N H C U
 R P T L R D C N E E P H A M Z S R Q C V U N Z Y L
 B H Z A A L I E H S F N T I L S E B E I T U Y I H
 B J T M A I L T S E C A J R B V T T H S J A U P Y
 Q E T T Q S C Z A H A B S Z A R C E C I X L P Q A
 D Q N X K C M O E T C L T E J I H W G T T V R H H
 E E Q S I J K C S Q E C T U M A N I N F T A W X U
 D I I I L U K A G W K A B H A O G U I R A C R E T
 L Y S X Q U E X E R C I S E Y K H O R I D C T W B
 G Y C B P Y H T L A E H T A E W L Y A E H I Y R J
 R V I S I O N C H E C K U P S C E C E N U N E E N
 W E N G N I H T E M O S N R A E L I H D H A C E X
 O Q T D T R Y Q A R V S X D P H U S G S B T L T W
 H M C O G K Z D D E U U J F Q J K Z W H I I B N W
 V Y A R P S C M H T Y E R J Y W Y C O X T O K U F
 Z N E A D A F W D A P R A K I A P C L K S N K L V
 P A D B B P L Q H I Z Z R B K F T R G S H S N O Y
 D J F E U J Z Z L U A C M V P L K D Q S S H F V H
 H R W A B P O T W P N F Q Z P L S S V P K Y T T Y

- Socialize
- Read
- Exercise
- Eat Healthy
- Meditate
- Pray
- Stretch
- Strength Train
- Physician Check Ups

- Annual Vaccinations
- Maintain Healthy Weight
- Dental Check Ups
- Home Safety Check
- Visit Friends
- Learn Something New
- Volunteer
- Vision Check Ups
- Hearing Check Ups

- Sleep Well
- Stay Hydrated

Continued from page 4

St. Martha's Resident Council

President: Hyren Trawick
 Vice-President: Barbara Williams
 Treasurer: Annie LeGrand
 Secretary: Nancy Roberts

The next meeting will be held Monday, September 14th @ 12:00 pm in the Community Room.



Resident Council News

If you would like to join the resident association, please contact one of the above officers.



Giving Matters.

By Paul J. Miller, CFRE,
President, PVM Foundation

How Would You Like to Receive Income and Support Future PVM Residents, Too?

If you'd like to support PVM's mission and receive steady payments during your retirement years, a **charitable gift annuity (CGA)** may be right for you.

Through a simple agreement, you agree to make a donation of cash, stocks or other assets to PVM Foundation. In return, you receive a **fixed income payment** for the rest of your lifetime with a rate of return as high as 9%, depending on your age.

Other benefits of a CGA include:

- Your initial gift is partially income tax-deductible.
- Your CGA payments are partially income tax-free throughout your estimated life expectancy.
- Your payments are not affected by ups and downs in the economy.
- The CGA can be for one or two people, so your spouse or another loved one can also receive payments for life.

Donors who make a planned gift to PVM, like a CGA, are eligible to be members of the Calvin Society and are honored annually at a special event. For more information about CGAs and Calvin Society membership, please contact us at 248-281-2040 or visit PVMgifts.org.

You don't have to be very wealthy to make a charitable gift annuity. With a little planning, even people of modest means can make a big impact. Thank you to all our donors who support the PVM mission and make a lasting impact on future residents.

PUT YOUR MONEY TO WORK FOR YOU!

With a Charitable Gift Annuity from PVM!

Key Features

- A sizable part of each gift annuity is also tax-free.
- You'll receive a guaranteed income for as long as you live and your rate will never change – you will get the same payment for life!
- You make a special and enduring gift to strengthen the Mission of PVM.

AGE	RATE
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9.0%



Without obligation, PVM Foundation would like to answer any questions you may have. Please call Paul Miller

248.281.2045 www.pvmgifts.org

Word Search

Transportation

R A L L T E R R A I N V E H I C L E N N E
 C E L C Y C R O T O M G R D F C M M X L N
 Z C J A K T M L M T Y Z L R R W V R B T A
 K F T L Y A S C H O O L B U S K R G A H L
 S N J O K L U X Y K L D W M J P M I L B P
 C C F D P E L T C B C A R R I A G E L T R
 D P O N J X M O O H T R T P C H J H O P I
 E M T O Y E T O R M A A T K J Y K T O T A
 P L F G T T T G H T O I O X Z F F J N K W
 O S G T P E R L G R T B R B R M C M B L L
 M N C Y R A R B I F O H I L J N K M B V R
 H O O R C A L R R N Z T C L I D T I L E L
 P W M E Q D C W N T E R O T E F C P T K N
 D M M O P P K F W Q U R A M T Y T P C E L
 J O U N R J X T L I L O B R C M O U Z L Z
 E B T A K X F K S O B K A L K C R F G C M
 T I E C J A A E K R G I E X I T R W D Y Y
 S L R T R Y S T I M N L T L J V C K N C K
 K E B Z A H W A X H O V E R C R A F T I B
 I T U K I S P A C E S H U T T L E L N R R
 P Y S P K M A R T F J Y R R E F Z C X T Z

Upcoming Trips

Please look out for flyers for field trips to:

Detroit Riverwalk

Tentative date: Friday, 9/11

Hibachi Grill Buffet/Shopping

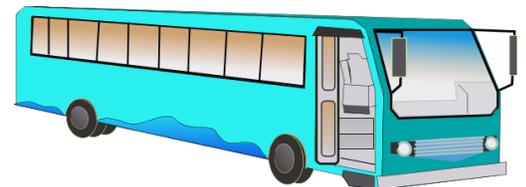
Tentative date: Week of 9/14

Jazz on Belle Isle

Wednesday, 10/7

Sign up in or call the office.

- | | | | |
|---------------------|--------------|-------------|---------------|
| AIR BOAT | CAR | HOVER CRAFT | SCOOTER |
| AIRPLANE | CARRIAGE | JET LINER | SNOWMOBILE |
| ALL TERRAIN VEHICLE | CHAIR LIFT | JET SKI | SPACE SHUTTLE |
| AUTOMOBILE | COMMUTER BUS | KAYAK | TRAIN |
| BALLOON | CRUISE SHIP | MOPED | TRAM |
| BICYCLE | FERRY | MOTORCYCLE | TRICYCLE |
| BLIMP | GOLF CART | MOTORHOME | TROLLEY |
| BOAT | GONDOLA | RAFT | TRUCK |
| CANOE | HELICOPTER | SCHOOL BUS | |



Events for September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Movie Day 2pm	4 Focus Hope Delivery 	5
6 	7 Labor Day Office Closed	8 Pest Control (2nd fl)	9	10 Movie Day 2pm JCA Mtg 6pm	11 Riverwalk 9am	12
13	14 Resident Council Meeting 12pm	15 Eat Smart.Live Strong Workshop 10-12	16 Hibachi Buffet/ Kmart 11:30am	17 Movie Day 2pm 	18 Office Closed-PVM Mtg.	19
20	21	22 MI State Police Presentation 1-2pm	23 Warren Evans Ice Cream Social 1:15pm	24 Movie Day 2pm St. Martha's 6th Anniversary	25	26
27	28	29	30			

Movie Days:
 9/3 Viewer's Choice
 9/10 Lila & Eve
 9/17 Hot Pursuit
 9/24 Mr. Right



Tues, Thurs @ 9:00 am &
 Sat @ 9:45 am

September Birthdays!

Carl Fulton.....9/10
 Sadie Howard Hewitt.....9/14
 Mary Evans.....9/22
 Annie LeGrand.....9/22
 Katie Anderson.....9/24
 Joyce Carter.....9/28
 Happy Belated Birthday to Carrie Stephens...8/28

Happy Birthday!



Ms. Carrie Stephens
 Ms. Joyce Carter

**Presbyterian Villages
of Michigan
Mission Statement**

Guided by our
Christian heritage,
we serve seniors of
all faiths and create
new possibilities for
quality living.

www.pvm.org

Office Numbers

Phone: 313.582.8088
Fax: 313.582.8085

Village Staff

**Andrea Felice, TCS, COS...also a Notary Public offering FREE
Administrator notary services to residents and seniors.**

Kina Jones
Administrative Assistant

Bill Glaspie
Maintenance Technician

Kimberly Brittman 313.582.2785
Service Coordinator 313.582.7822 Fax

**EMERGENCY MAINTENANCE
NUMBER (After hours) 313. 701.0119**



Presbyterian Villages of Michigan Foundation serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan Foundation at **248-281-2040** or visit www.pvmfoundation.org



Embrace the possibilities